

## Complementary Spiritual Practices in Professional Chaplaincy

Welcome to Complementary Spiritual Practices in Professional Chaplaincy. The options for pastoral care practices in professional chaplaincy have been expanding in recent years along with the rise in use of complementary alternative, and integrative medicine. Chaplains are beginning to incorporate spiritual care practices in their ministries.

The Commission on Quality in Pastoral Services has developed a resource for chaplains as they seek to learn more about complementary pastoral resources, practices, and interventions. This will be a work-in-progress, so please visit again as new material will be added. You are also welcome to submit your own ideas, practices, and resources to the address below. Remember: the practice must be something that a chaplain could do within her/his setting of ministry and should be relevant across the mind/body/spirit continuum.

An invitation to you: Please submit information regarding complementary spiritual practices you have used or could be beneficial for others. Research articles on the topics below and for new topics are welcome. Please provide as much information as you can for each area: Practice, Description, Purported Benefits, Research/Links. Please send your suggestions to [info@professionalchaplains.org](mailto:info@professionalchaplains.org). It will be forwarded for Commission consideration. We hope this will be a community effort for shared ideas and professional development.

Practice	Description	Purported Benefits	Research and Resources
Anointing with Oil	Religious ritual including the placing of oil on forehead & other places on body	<ul style="list-style-type: none"> <li>• Spiritual blessing</li> <li>• Connection with the divine &amp; community</li> <li>• Health effects from increased coping resources</li> </ul>	Multiple religious and cultural traditions "Paths to Prayer: Finding Your Own Way to the Presence of God" Patricia Brown. 2003. Jossey-Bass.
Aromatherapy	Application or smelling of essential oils	<ul style="list-style-type: none"> <li>• Relaxation Physical effects</li> <li>• Helps with sleep, anxiety, depression and other physical/emotional issues</li> </ul>	National Association for Holistic Aromatherapy. "The Effect of Essential Oils on World-Related Stress in Intensive Care Unit Nurses." Erin Pemberton and Patricia Turpin. <i>Holistic Nursing Practice</i> 2008;22(2):97-102 "Holistic Foundations of Aromatherapy for Nursing." Marlaine Smith and Laraine Kyle. <i>Holistic Nursing Practice</i> . 2008;22(1):3-9. "The Smell of Relief." Jane Buckle. <i>Psychology Today</i> . Feb, 2000, 33,1, p24.
Art	<ul style="list-style-type: none"> <li>• Participation in creative expression.</li> <li>• Creation of artwork &amp; discussing it</li> </ul>	<ul style="list-style-type: none"> <li>• Increased self awareness &amp; coping</li> <li>• Helps in healing process</li> </ul>	Credentials American Art Therapy Association, Inc. "A narrative view of art therapy and art making by women with breast cancer." K. Collie. <i>Journal of Health Psychology</i> . 2006 Sep;11(5):761-75.

Practice	Description	Purported Benefits	Research and Resources
Breath Prayer	<ul style="list-style-type: none"> <li>• Intercessory prayer</li> <li>• Tonglen (Buddhist)</li> </ul>	<ul style="list-style-type: none"> <li>• Increased closeness to God &amp; others</li> <li>• Positive health effects</li> </ul>	<p>Multiple religious and cultural traditions</p> <p>"The Breath Prayer". 2006. Vanderbilt-Ingram Cancer Center. Nashville, TN</p> <p>"Paths to Prayer: Finding Your Own Way to the Presence of God" Patricia Brown. 2003. Jossey-Bass.</p>
Breath Work	Breathing exercises	<ul style="list-style-type: none"> <li>• Cleansing of lungs</li> <li>• Positive effect on organ systems</li> <li>• Heighten immune system</li> <li>• Relaxation</li> </ul>	<p>Ayurveda Holistic Community</p> <p>"Effects of mental relaxation and slow breathing in essential hypertension." Rajeev Kaushik. <i>Complementary Therapies in Medicine.</i> (2006), 14, 120-126</p> <p>"Effectiveness of a mind-body Skills Training Program for Healthcare professionals." By: Staples, Julie K.; Gordon, James S. <i>Alternative Therapies in Health &amp; Medicine</i>, Jul/Aug2005, Vol. 11 Issue 4, p36-41, 6p</p> <p>"Randomized, controlled trial of breath therapy for patients with chronic low-back pain." By: Mehling, Wolf E.; Hamel, Kathryn A.; Acree, Michael; Byl, Nancy; Hecht, Frederick M.. <i>Alternative Therapies in Health &amp; Medicine</i>, Jul/Aug2005, Vol. 11 Issue 4, p44-52.</p> <p>"Rhythmic Breathing as a Nursing Intervention." Jennifer Kitko. <i>Holistic Nursing Practice</i>, March/April, 2007.</p>
Chat Rooms	<ul style="list-style-type: none"> <li>• Patients/family members write and respond to one another</li> </ul>	<ul style="list-style-type: none"> <li>• Give and receive spiritual support and comfort</li> </ul>	<p>"Spiritual Issues of Family Members in a Pancreatic Cancer Chat Room," Marie T. Nolan et al, <i>Oncology Nursing Forum</i>, 33,2,2006,239-244</p>
Chanting	<ul style="list-style-type: none"> <li>• Chanting of words, phrases, sounds</li> <li>• Multi-religious, multi-cultural</li> </ul>	<ul style="list-style-type: none"> <li>• Increases energy</li> <li>• Increased sense of the holy</li> </ul>	<p>Multiple religious and cultural traditions</p> <p>"Autonomic changes during "OM" meditation." S. Telles. <i>Indian journal of physiology and pharmacology</i>. 1995 Oct;39(4):418-20</p>
Confession	Multi-faith practice	<ul style="list-style-type: none"> <li>• Health benefits</li> <li>• Emotional release</li> <li>• Reduction in negative feelings of guilt, fear</li> </ul>	<p>"Clearing the Heart," A. Murray-Swank. <i>Spirituality and Health</i>. Aug, 2005</p> <p>"Confession at the End of Life," A.B. Jotkowitz. <i>Journal of Palliative Care</i>. 21,1, Spring, 2005</p>

Practice	Description	Purported Benefits	Research and Resources
Contemplative Prayer/Centering Prayer	Method of prayerful openness	<ul style="list-style-type: none"> <li>• Relaxation</li> <li>• Opening to the sacred</li> <li>• Spiritual development</li> <li>• Physical effects of healing</li> </ul>	Multiple religious and cultural traditions <i>Centering Prayer in Daily Life and Ministry.</i> Thomas Keating. 1998. Continuum International Publishing Group
Crystals	<ul style="list-style-type: none"> <li>• Use of crystals of various minerals</li> <li>• Shamanic practice</li> </ul>	<ul style="list-style-type: none"> <li>• Restore energy balance &amp; harmony</li> <li>• Augments healing</li> </ul>	<i>The Illustrated Directory of Healing Crystals: A Comprehensive Guide to 150 Crystals and Gemstones</i> Cassandra Eason. 2005. Collins and Brown.
Dream Work	<ul style="list-style-type: none"> <li>• Dreaming as spiritual event</li> <li>• Analysis of dreams</li> <li>• Spiritual process</li> </ul>	<ul style="list-style-type: none"> <li>• Healing</li> <li>• Development</li> <li>• Self awareness</li> </ul>	"Dream Interpretation," K. Bulkeley. <i>Pastoral Psychology</i> (42,2) 2000 "The helpfulness of spiritually influenced group work in developing self-awareness and self-esteem: a preliminary investigation". <i>The Scientific World Journal</i> . 2005 Sep 28;5:789-802
Drumming	<ul style="list-style-type: none"> <li>• Drumming</li> <li>• Shamanic practice</li> </ul>	<ul style="list-style-type: none"> <li>• Healing</li> <li>• Energy balancing</li> <li>• Restore energy flow</li> <li>• Prayer &amp; connection with the sacred</li> <li>• Bodily rhythms restored</li> </ul>	The Nature Art Centre. "Composite Effects of Group Drumming, Music Therapy on Modulation of Neuroendocrine-Immune Parameters in Normal Subjects," Barry Bittman, B. Berk, Lee S., David L. Felten, James Westengard, <i>Alternative Therapies in Health &amp; Medicine</i> , Jan, 2001, V7, Issue 1, 10p. Internet Database: <i>Alt Health Watch</i> .
Fasting	<ul style="list-style-type: none"> <li>• Abstaining all food and drink, except water</li> <li>• Multi-faith practice</li> </ul>		Shelley Wood "Regular Fasting May Improve CVD Risk." <i>Medscape Medical News</i> . Nov. 14, 2007.
Forgiveness	Forgiving others	<ul style="list-style-type: none"> <li>• Treatment of various disorders, i.e., depression anxiety, adjustment</li> <li>• Unblocking spiritual process</li> <li>• Positive physical effects of lessened stress, tension &amp; anger</li> </ul>	"Hypertension Reduction through Forgiveness Training," <i>Journal of Pastoral Care and Counseling</i> , 60, 1-2 "Self-Forgiveness, Spirituality and Psychological Adjustment in Women with Breast Cancer," M. Fisher, <i>Journal of Behavioral Medicine</i> . 29, 1, Feb, 2006 "The Unique Effects of Forgiveness: Exploration of Pathways," K. Lawler, <i>Journal of Behavioral Medicine</i> , 28, 2, April, 2005 "Forgiveness as an emotion-focused coping strategy," E. Worthington, <i>Psychology and Health</i> , 19, 3, June, 2005 "Forgiveness: Spiritual and Medical Implications". C. Pulchalski. <i>Yale Journal for Humanities in Medicine</i> . September 17, 2002.

Practice	Description	Purported Benefits	Research and Resources
Gratitude	<ul style="list-style-type: none"> <li>Experiencing gratitude, expressing it in writing and/or personally.</li> <li>Focusing on the positive</li> </ul>	<ul style="list-style-type: none"> <li>Increasing positive feelings and longevity, improved sleep and cardiovascular functioning</li> </ul>	<p>"Counting Blessings Versus Burdens: An experimental Investigation of Gratitude and Subjective Well-Being in Daily Life." Robert Emmons, Michael McCullough. <i>Journal of Personal and Social Psychology</i>. 2003, 84, 2, 377-389.</p> <p>"The Joy of Thanks," Robert A. Emmons, <i>Spirituality and Health</i>. Winter, 2002;"Counting Blessings Versus Burdens," Robert A. Emmons, Michael E. McCullough, <i>Journal of Personality and Social Psychology</i>, 84, 2003.</p> <p>"Gratitude in Intermediate Affective Terrain: Links of Grateful moods to Individual Differences and Daily Emotional Experience." Robert E. McCullough, et al. <i>Journal of Personal and Social Psychology</i>. 2004, 86, 2, 295-309.</p>
Guided Imagery Visualization	<ul style="list-style-type: none"> <li>Directed imagination</li> <li>Creation of visuals, images, and events</li> </ul>	<ul style="list-style-type: none"> <li>Relaxation</li> <li>Increase sense of wellbeing</li> <li>Healing effects</li> </ul>	<p>Academy for Guided Imagery</p> <p>"Differences in Relaxation by Means of Guided Imagery in a Healthy Community," E Watanabe et al, <i>Alternative Therapies</i>, 12,2, 60ff.</p> <p>"Effect of guided imagery with relaxation on health-related quality of life in older women with osteoarthritis." CL Baird. <i>Research in Nursing and Health</i>. 2006 Oct;29(5):442-51.</p> <p><i>Holistic Nursing. A Handbook of Practice</i>. B. Dossey (1988), chapter 12: Imagery Aspen Publishers.</p> <p>"Differences in relaxation by means of guided imagery in a healthy community." By: Watanabe, Eri; Fukuda, Sanae; Hara, Hisako; Maeda, Yuko; Ohira, Hideki; Taro Shirakawa. <i>Alternative Therapies in Health &amp; Medicine</i>, Mar/Apr2006, Vol. 12 Issue 2, p60-66,</p> <p>"The Use of the Bonny Method of Guided Imagery and Music in Spiritual Growth," J. Marr, <i>Journal of Pastoral Care and Counseling</i>, 55,4 (Winter 2001)</p>

Practice	Description	Purported Benefits	Research and Resources
Healing Touch	Energy based therapeutic practice	<ul style="list-style-type: none"> <li>• Open &amp; restore balance to energy field</li> <li>• Increased energy for healing</li> </ul>	<p>Healing Touch International</p> <p>Cf. <i>Holistic Nursing. A Handbook of Practice</i>. B. Dossey (1988), chapter 16: Touch. Aspen Publishers.</p> <p>"Review of studies of healing touch." DW Wardell. <i>Journal of Nursing Scholarship</i>. 2004;36(2):147-54</p> <p>"Healing Touch and quality of life in women receiving radiation treatment for cancer: a randomized controlled trial." By: Cook, Cynthia A. Loveland; Guerrero, Joanne K.; Slater, Victoria E.. <i>Alternative Therapies in Health &amp; Medicine</i>, May/June 2004, Vol. 10 Issue 3, p34-41.</p>
Humor	Laughter	<ul style="list-style-type: none"> <li>• Release endorphins</li> <li>• Increases body's ability to heal itself</li> <li>• Heightens immune system</li> </ul>	<p>The Association for Applied and Therapeutic Humor</p> <p>"The effect of mirthful laughter on stress and natural killer cell activity." By: Bennett, Mary P.; Zeller, Janice M.; Rosenberg, Lisa; McCann, Judith. <i>Alternative Therapies in Health &amp; Medicine</i>, Mar/Apr 2003, Vol. 9 Issue 2, p38, 7p.</p> <p>"The Role of Laughter in Traditional Medicine and Its Relevance to the Living Setting: Healing with Ha!" <i>Michael J. Balick, PhD, Roberta A. Lee, MD</i></p> <p>"Spirituality, Health, and Wholeness," S. Sorajjakook (2004) Haworth Press.</p> <p>"Humor &amp; Laughter May Influence Health. I. History &amp; Background." Mary Payne Bennett &amp; C. A. Lengacher. <i>Advance Access Publication</i>, 16 Jan, 2006, eCAM 2006: 3(1) 61-63. II. <i>Complementary Therapies &amp; Humor in a Clinical Population. Advance Access Publication</i> 24 April, 2006, eCAM 2006 (3) 187-190.</p>
Hypnosis	Focused concentration	<ul style="list-style-type: none"> <li>• Treatment of pain &amp; unhealthy behaviors</li> <li>• Reduction of nausea</li> <li>• Relaxation</li> </ul>	<p>National Guild of Hypnotists</p> <p>"The Power of Hypnosis." Dierdre Barrett. <i>Psychology Today</i>. Jan/Feb, 2001</p>

Practice	Description	Purported Benefits	Research and Resources
Icons	<ul style="list-style-type: none"> <li>• Meditation on icon</li> <li>• Creation of icon</li> <li>• Place icon over patient's bed to "watch over" the patient &amp; family</li> </ul>	<ul style="list-style-type: none"> <li>• Healing</li> <li>• Spiritual strengthening</li> <li>• Blessing</li> <li>• Increased coping abilities for healing</li> </ul>	"The Mystical Language Of Icons. Solrunn Nes. 2005. Wm. B. Eerdmans Publishing Company.
Journaling	<ul style="list-style-type: none"> <li>• Writing of events, feelings, experiences</li> <li>• Spontaneous writing for a set period of time</li> </ul>	<ul style="list-style-type: none"> <li>• Heightened immune function</li> <li>• Lower heart rate &amp; muscular activity</li> </ul>	<p>"Writing About Emotional Experiences as a Therapeutic Process". J. Pennebaker. (1997) <i>Psychological Science</i></p> <p>"Journaling About Stressful Events: Effects of Cognitive Processing and Emotional Expression". P. Ullrich. <i>Annals of Behavioral Medicine</i>. 2002, Vol. 24, No. 3, Pages 244-250</p>
Labyrinth	Walking the labyrinth	<ul style="list-style-type: none"> <li>• Heightens spiritual awareness</li> <li>• Increased coping resources for healing</li> </ul>	<p>The Labyrinth Society</p> <p>"Walking a Sacred Path: Rediscovering the Labyrinth" Lauren Artress. 1996. Riverhead Trade.</p>
Laying on of hands	Placing hands on person for the purpose of healing, blessing	<ul style="list-style-type: none"> <li>• Heightened sense of spiritual energy</li> <li>• Connection with a faith tradition or community</li> <li>• Spiritual resource for healing</li> </ul>	<p>"Laying on of hands" improves well-being in patients with advanced cancer". G. Pohl. <i>Supportive Care in Cancer</i>. 2006 Oct 13</p> <p>"The search for a biosensor as a witness of a human laying on of hands." By: Van Wijk, Roeland; Van Wijk, Eduard P.A.. <i>Alternative Therapies in Health &amp; Medicine</i>, Mar/Apr2003, Vol. 9 Issue 2, p48,</p>
Meditation	<ul style="list-style-type: none"> <li>• Multi-cultural, multi-religious</li> <li>• Concentration on a word, phrase, or object</li> </ul>	<ul style="list-style-type: none"> <li>• Stress reduction</li> <li>• Reduce blood pressure, pain</li> <li>• Enhance immune system</li> <li>• Heightened connection to the sacred</li> </ul>	<p>"Systematic review of the efficacy of meditation techniques as treatments for medical illness." AJ Arias. <i>Journal of Alternative and Complementary Medicine</i>. 2006 Oct;12(8):817-32</p> <p>"The Science of Meditation." Cary Barbor. <i>Psychology Today</i>. May/June, 2001</p> <p>"Is Spirituality a Critical Ingredient of Meditation? Comparing the effects of Spiritual Meditation, Secular Meditation, and Relaxation on Spiritual, Psychological, Cardiac, and Pain Outcomes," A. Wachholtz, <i>Journal of Behavioral Medicine</i>, 28,4, (Aug2005)</p>

Mindfulness	<ul style="list-style-type: none"> <li>• Focus of attention &amp; concentration</li> <li>• Meditation</li> </ul>	<ul style="list-style-type: none"> <li>• Stress reduction</li> <li>• Heightened coping resources</li> <li>• Health benefits</li> <li>• Spiritual development</li> </ul>	<p>Center for Mindfulness in Medicine, Healthcare, and Society. University of Massachusetts Medical School.</p> <p>"Mindfulness-Based Stress Reduction (MBSR) in Oncology: Rational and Review," M. Machenzie. <i>Evidence-Based Integrative Medicine</i>. 2,3 2005</p> <p>"Mindfulness-Based Interventions: Past, Present, Future," J. Kabat-Zinn. <i>Clinical Psychology: Science and Practice</i>. 10,2, May, 2003</p> <p>"Mindfulness Meditation for Oncology Patients: A Discussion &amp; Critical Review." Mary Jane Ott, et al. <i>Integrative Cancer Therapies</i>. June, 2006, v, 12, p98(11)</p> <p>"Mindfulness Training Bursts Stress," Val Willingham. <a href="http://www.cnn.com/2009/HEALTH/06/01/mindfulness.training.stress/index.html?iref=mpstoryview">http://www.cnn.com/2009/HEALTH/06/01/mindfulness.training.stress/index.html?iref=mpstoryview</a></p>
Music	Singing to, playing an instrument for a patient/family	<ul style="list-style-type: none"> <li>• Reduce pain</li> <li>• Lower blood pressure</li> <li>• Reduce stress</li> <li>• Increase mood &amp; positive feelings</li> <li>• Release of emotions</li> <li>• Healing effects</li> </ul>	<p>American Music Therapy Association</p> <p>"The Role of Music Therapy in Psychiatry," A. DeSousa, <i>Alternative Therapies</i>, Nov/Dec 2005, 11, 6, 52f</p> <p><i>Holistic Nursing. A Handbook of Practice</i>. B. Dossey (1988), chapter 13: Music Therapy. Aspen Publishers.</p> <p>"The Soundtrack of Healing," L. Palmer. <i>Spirituality and Health</i>. April, 2005.</p> <p>"The Power of Music." Enola Pirog. <i>Journal of Religion &amp; Psychical Research</i>. Jan, 2006, 29, 1, p42-47.</p> <p>"The Effect of Music on Pain and Acute Confusion in Older Adults Undergoing Hip and Knee Surgery." Ruth McCaffrey, Rozzano Locsin. <i>Holistic Nursing Practice</i>, September/October, 2006.</p> <p>"Effects of Progressive Relaxation &amp; Classical Music on Measurements of Attention, Relaxation &amp; Stress Responses." P. Scheufele, <i>Journal of Behavior Medicine</i>, Apr, 2000, 23, 2, p207, 22p.</p> <p>"Music Therapy in Hospice &amp; Palliative Care: A Review of the Empirical Data." Russell Hilliard, <i>Advance Access Publication 7</i>, April, 2005, <i>eCam</i>, 2005:2(2) 173-178.</p>

Pets	Holding, petting an animal	<ul style="list-style-type: none"> <li>• Reduction of blood pressure &amp; heart rate</li> <li>• Relaxation</li> <li>• Positive mood</li> <li>• Reduce stress-related symptoms</li> <li>• Lengthened lifespan</li> <li>• Health effects of caring</li> </ul>	Delta Society "Canine visitation (pet) therapy: pilot data on decreases in child pain perception." EJ Sobo. <i>Journal of Holistic Nursing</i> . 2006 Mar;24(1):51-7 "Pets, Attachment & Well Being Across the Life Cycle." Pat Sable. <i>Social Work</i> . May, 1995, 40, 3, p334-341.
Play	Use of one's imagination and natural creativity to prevent or resolve psychosocial issues and promote healing and growth.	<ul style="list-style-type: none"> <li>• Creative action</li> <li>• Increased sense of self worth</li> <li>• Reduction of stress</li> </ul>	Play Therapy International  <i>Holistic Nursing. A Handbook of Practice</i> . B. Dossey (1988), chapter 14: Play and Laughter. Aspen Publishers.  <i>Godly Play. An Imaginative Approach to Religious Education</i> . J. Berryman (1991) Augsburg.
Poetry	Write Poetry	<ul style="list-style-type: none"> <li>• Healing, transformation, communication</li> </ul>	"Finding Words to Say It: The Healing Power of Poetry," Robert Carroll, <i>eCam</i> 2005, 2(2) 161-172
Prayer blankets/cloths	Given for spiritual support & encouragement	<ul style="list-style-type: none"> <li>• Comfort</li> <li>• Community support</li> <li>• Healing effects of prayer</li> </ul>	Multiple religious and cultural traditions
Prayer for Healing, Curing	Addressing the divine	<ul style="list-style-type: none"> <li>• Physical and Spiritual improvement</li> <li>• Anxiety reduction</li> <li>• Heightened coping skills, sense of self</li> <li>• Expectation of health</li> <li>• Sense of being cared for</li> <li>• Reduction of isolation</li> </ul>	<i>Healing Words</i> , Larry Dossey (1993) Harper. "How Prayer Heals: A Theoretical Model," J. Levin (1996). <i>Alternative Therapies</i> (2,1) "The Art of Written Prayer," G. Jones, <i>Chaplaincy Today</i> 21,2, 2005. "The Effects of Intercessory Prayer, Positive Visualization & Expectancy on the Well Being of Kidney Dialysis Patients." William J. Mathews, James Conti, M. Sireci, Stephen G., <i>Alternative Therapies in Health &amp; Medicine</i> . Sep/Oct, 2001, V7, Issue 5.
Prayer or Mala Beads	<ul style="list-style-type: none"> <li>• Using string of beads with prayer or meditation</li> </ul>	<ul style="list-style-type: none"> <li>• Centeredness</li> <li>• Mindfulness</li> <li>• Interconnection with others</li> </ul>	Multiple religious and cultural traditions "A String & A Prayer," Wiley, <i>Spirituality &amp; Health</i> , Fall, 2002
Qi Gong	Exercises, movement, breathing	<ul style="list-style-type: none"> <li>• Restore harmony</li> <li>• Promote health</li> </ul>	Qi Gong Institute. "Traditional Chinese Medicine: Qigong and Tai Chi . <a href="http://www.mdanderson.org/cimer">www.mdanderson.org/cimer</a>



Reflexology	Pressure on hands & feet	Stimulates energy Reduces energy blockages Improves blood flow Heightens self-esteem & improves concentration	Reflexology Association of America. "Reflexology/therapeutic massage." Diane Rooney. <i>Reflexology. Integrative Cancer Therapies</i> 5.1 (March 2006): p53(3).
Reiki	Japanese practice, use of breath & hand symbols	Increased potential for healing Heightens spiritual process	International Center for Reiki Training "Reiki: A starting point for integrative medicine." By: Schiller, Robert. <i>Alternative Therapies in Health &amp; Medicine</i> , Mar/Apr2003, Vol. 9 Issue 2, p20. "Reiki-Review of a biofield therapy history, practice, and research." By: Miles, Pamela; True, Gala. <i>Alternative Therapies in Health &amp; Medicine</i> , Mar/Apr2003, Vol. 9 Issue 2, p62.
Relaxation	Slow breathing	Reduction in blood pressure	"Effects of mental relaxation and slow breathing in essential hypertension," <i>Complementary Therapies in Medicine</i> , 14,2006, 12-126
Relaxation Delete: Response	Technique of meditation/prayer	Heightened sense of well-being & health	Mind Body Medical Institute <i>The Relaxation Response</i> . Herbert Benson (1975) William Morrow. <i>Timeless Healing</i> . Herbert Benson (1997) Fireside.
Sacred Story	Group discussion of religious/spiritual stories	<ul style="list-style-type: none"> <li>• Promotes insight &amp; change</li> <li>• Positive spirituality</li> <li>• Helpful for various mental disorders</li> </ul>	"The Use of Sacred Story in a Psychiatric Spirituality Group," R. Kidd, <i>Journal of Pastoral Care</i> , 55,4 (Winter 2001) "Caring for the stories that come to us: work narratives and their sacred promise." <i>Journal of Pastoral Care</i> . 2002 Spring;56(1):29-40
Spiritual Direction	Guidance and support for spiritual life	Heightened spiritual awareness & growth	Spiritual Directors International
Spiritual Practices	<i>Spirituality</i> and <i>practice</i> are the two places where all the world's religions and spiritual paths come together. With respect for the differences among them, we celebrate what they have in common.	Many practices are listed above	Spirituality and Practice: Resources for Spiritual Journeys, <a href="http://www.spiritualityandpractice.com">www.spiritualityandpractice.com</a>